

Fitness & Sports

Sports line

Intramural Standings

Bowling

National league

1. CES
2. APS
3. EMS 2
4. AGS 1
5. LSS
6. MSS
7. DET. 3
8. COMM
9. 15 AS
10. EMS 3
11. CRS
12. BLIND TEAM

Racquetball

1. SFS
2. 437 AGS 1
3. 437 AW
4. 373 TRS
5. CS
6. 1CTCS
7. CES
8. APS
9. CRS
10. SUP
11. 437 AGS 2
12. EMS

Volleyball

1. 1CTCS
2. CS/SVS
3. Navy Hosp.
4. 437 AW
5. AGS
6. SUP
7. 373 TRS
8. SFS
9. CES
10. LGT
11. 15 AS
12. EMS
13. Med Grp.

Swim lessons: The Outdoor Recreation Center has begun registration for summer swimming lessons.

The cost is \$25 per child ages 5-11. Lessons are scheduled for June 13-23, July 4-14, and July 18-28. Call the ORC for more information at 963-5271.

Riverdogs tickets: The Outdoor Recreation Center now has \$3 vouchers for Riverdogs baseball games. For details, call 963-5271.

Diver down: Scuba classes begin Tuesday. Each course will have six class sessions, followed by a two-day open water trip. Cost is \$175 per person.

Call the Outdoor Recreation Center at 963-5271.

Articles: Ideas for sports articles are welcomed. Call 963-5571 for details.

Archery camp scores with CAFB youths

By Staff Sgt.
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437 AW Public Affairs

Fifteen-year-old Nick Calas stood before the target, tightening his grip as he drew back the string on his bow. With archery instructor Greg Rumfelt offering some advice and a few reassuring words, Calas released his arrow, penetrating the target slightly right of the bulls-eye.

Calas was one of 20 Charleston AFB youths who took part in a week-long archery camp sponsored by the National Alliance for Youth Sports and conducted by the CAFB Youth Sports Programs. The classes were open to boys and girls between the ages of 10-15.

Rumfelt is an archery instructor certified by the National Archery Association, the governing body for the Olympic selection committee. His class is an introduction to basic archery. It covered a wide variety of topics, including different types of bows, parts of the bow, terminology, basics of shooting, archery safety and whistle commands that are used in archery tournaments.

An archery range was set up on the soccer field behind the Youth Center for each day of the class. The range included several bulls-eye targets and a grid marked in the grass for shooting at distances of 5, 10, 15 and 20 yards.

The class was a hit with the young archers.

"I think it's fun because I've never shot an arrow before," 11-year-old Nick MacArthur commented. "I like shooting arrows now."

"It's fun and challenging because you have to take



Photos by Staff Sgt. Michael Duhe

Archery instructor Greg Rumfelt (left) helps Frankie Alfaro take aim at a target.

your time," said 11-year old Andrea DiPierro. "I'd like to do it again."

Youth Sports director Don MacArthur thinks archery offers skills that are useful for young people.

"It teaches the kids a lot of discipline and patience," he said. "They persevere with the skill that needs to be applied to archery. They'll learn to persevere through other challenges in life as they become young adults."

One student, 10-year-old William Watson, looked at it from a more practical perspective.

"It's excellent - you can learn how to shoot like Robin Hood," he pointed out.

Although the class was offered to 10-15 year olds only, the class is helpful for

anyone just starting out in archery, according to Rumfelt.

"This class would benefit any beginner at any age," he said. "That's the beauty of archery, I believe - anyone can participate. There's no age limit, as long as you're physically able to draw a bow back."

The Charleston youths seemed to enjoy the class and were quick to catch on, Rumfelt said. Their confidence levels increased as the week went on. "Some of the kids never had a bow in their hands before, and they did well."

Rumfelt has two daughters in the Girl Scouts. He first became interested in archery instruction several years ago through their involvement with the Girl Scouts.

"My girls were in the Girl Scouts and I'd been interested in archery for 20 years," he recalled. "So I figured if they were going to get involved in archery, I would be the instructor."

Rumfelt attended an NAA course and received certification as an archery instructor. He soon began teaching. The sport is now a family

activity for the Rumfelts, he said. They participate in tournaments together that are set up similar to golf tournaments.

"With personal hands-on instruction, anyone can do this," Rumfelt said. "It takes practice and persistence, but within two months, anyone can be hitting the bulls-eye target at 20 yards."

Rumfelt is hoping his class will have a lasting effect on his young students. "I hope I can instill in them a love and enjoyment for the sport," he said.

Archery Camp is the third in a series of four camps Youth Programs is hosting. Last August, Youth Sports sponsored an NFL Flag Football event and a Christmas break Creativity Camp for teens.

On July 24, Youth Sports will host the Major League Soccer Camp for ages 5-17. The camp will be held three hours a day for five days. The camp will also include two evening soccer clinics for Youth Programs coaches. The camp will be limited to the first 50 registrants. Registration begins June 5. Call 963-5684 for more information.

"All of our camps have been very successful," commented MacArthur.



Rumfelt explains the basics of shooting to archery